

# Sint Maarten

## CARIBBEAN WELLNESS DAY ACTIVITIES



1. Message from the Minister of Health
2. Radio and TV talk shows about More Movement for the Elderly
3. In collaboration with the White and Yellow Cross Foundation and the Physical Therapy Association organize a “Fun Fit Fair”; Differentiation in activity will be made based on mobility and ability:
  - a. Presentation on Exercise for Health
  - b. Exercise
  - c. Dancing
  - d. Cooking demonstrations
4. Collaborate with Faith Based and Community Organization to organize physical activity events with their constituents.